

(Breakthrough, December 1983)

## **HEMI-SYNC® WITH ALCOHOL ABUSE PATIENTS**

*Dr. Paul Travis and Marion Travis*

During the Seminar, two of our keynote speakers were Dr. Paul Travis and his wife Marion Travis. Paul is a practicing psychiatrist in the Washington, D.C. area and Marion is a psychologist associated with Paul in his practice. They are both interested in finding ways of helping alcoholics deal with anxiety and alcohol. One of the modalities they are presently using are the *HP-10 Basic* and *Sleep* tapes. Paul initially interviews the patients. If he feels that they would benefit from the use of the Monroe tapes he refers them to Marion who then introduces the tapes to the patient. She provides them with written information on Hemi-Sync to read, and then discusses with them what the tapes are about and the effect they create. She stresses the importance of their using Hemi-Sync twice a day and keeping a journal. The patient at this point makes a decision whether to enter this type of treatment, and also then buys his own tapes for home use. Marion sees the patients 1-2 times a week and discusses their tape experiences with them.

At the Seminar Paul shared some thoughts about alcoholism as a disease process and then presented 3 video-taped case histories of patients they had successfully treated for alcoholism and severe anxiety using the HP-10 tapes.

Paul mentioned that he was very impressed with the results of the Hemi-Sync tapes especially with the rapidity of recovery that was shown in many areas in the cases that he presented. Marion commented that those patients using the tapes have been very faithful, and once they get started she has very little failure. The patients they presented successfully stopped drinking, were able to re-establish their self-esteem, and managed to change their lives in both the personal and social areas.

Included in this report are brief summaries of two of the patients they presented. The patients they presented are not skid-row individuals, they all maintain fairly good jobs. None of them have ever been in serious trouble with the law. They are family people.

### **CASE I**

This is a young man in his early thirties who drank excessively, was on heavy drugs, had a great deal of anxiety, had problems with being a perfectionist, and had trouble dealing with anxiety.

He was put on Sinequan for drinking and anxiety. This helped him stop drinking but his anxiety level was still high.

Once beginning the HP-10 tapes he started to notice a change almost immediately. He couldn't describe the change in words but definitely felt a change. The more he used the tapes the more he began to cope with his problems. He still had anxiety but at least became able to cope with his problems and deal with them more effectively. His anxiety was no longer the important issue it was before. He listened to the tapes every day for a month as directed by the Travises and then started to wean himself off of them slowly. He said this wasn't easy at first because he did become dependent on them. Once he stopped he had to face his anxiety head-on but managed to deal with it better than he thought he would. He only refers to the tapes every few weeks for reinforcement.

The relaxation processes gave him a broader and clearer outlook... "like looking through a prism." He could now see all facets of his life instead of one.

He used to use alcohol as a substitute for socializing but now feels this isn't necessary because his confidence level is up. He feels that his broadened outlook has enabled him to tackle new situations. He cancelled his wedding before starting on the tapes but after listening to the tapes he started giving more thought to his girlfriend rather than focusing on himself all the time. He did reschedule his wedding!

The tapes helped him:

- Make changes in his work and his personal life
- Stop drinking when he changed his attitude
- Life became easier to deal with and he handled it more effectively
- Tapes gave him clarity to think clearly about himself so that he could look at all aspects of himself
- Have positive results in situations in life
- Release pressure from work... he is now anxious to go to work
- See deeper into relationships
- Feel he is no longer a failure

## CASE 2

This is a 35 year old male who drank excessively, had acute anxiety, hypoglycemia and was an agoraphobic. He is a Vietnam veteran who was one of a few survivors in several incidences when his group was overrun by the Vietnamese. In December 1982 he was under control with diet and medication, then had a severe relapse that left him hospitalized for a short time.

He started using the HP-10 tapes in January of 1983 and used them once or twice a day. He found that he got a lot of relief while on the tapes for a few weeks. He then was able to use the mind tools without the use of the tapes. When he got anxious and dizzy he would pull on these tools for the relaxation techniques. He felt the sleep tape helped a great deal.

Being an agoraphobic, he never wanted to go anywhere and when he had to go somewhere he would drink excessively to relax. Often he would have to be taken home because of his fears. He started carrying the tapes with him in the car and would pull off the side of the road if he felt an anxiety attack coming on versus drinking.

By learning to use the tools without the tapes he said he no longer has anxiety, he is able to leave his house, he doesn't drink, he quit smoking and has eliminated sugar from his diet. He then chuckled and said "Sounds like I'm dead."

The tapes helped him:

- Positively change his business and personal life
- Feel his life is 100% freer
- Remove anxiety as the center of his life
- Become much more effective at work due to the reduced anxiety level
- Become finally comfortable with driving everywhere. In fact, he took his family on a vacation to the Caribbean
- Control his diet. He feels that diet and the use of the tapes were what helped him the most.

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